



Wrist Exercises

1. Sit with your forearm resting on a chair arm, with the palm facing down. Bend up and down from the wrist, as if waving “good-bye”.
Repeat x 20
2. Turn your forearm so that it’s resting on it’s side – bend up and down from the wrist, as if shaking hands “hello”.
Repeat x 20
3. Tuck your elbow into your side, roll your hand over then back.
Repeat x 20
4. Touch high on your palm stretch fingers out, touch low on your palm, stretch out.
Repeat x 20
5. Touch your thumb to the base of each finger, then stretch out.
Repeat x 20
6. Scar massage

Paula Kairaitis
BAppSc (Physio)
PGD (EX&SpSc)
MAppSc (Manips)